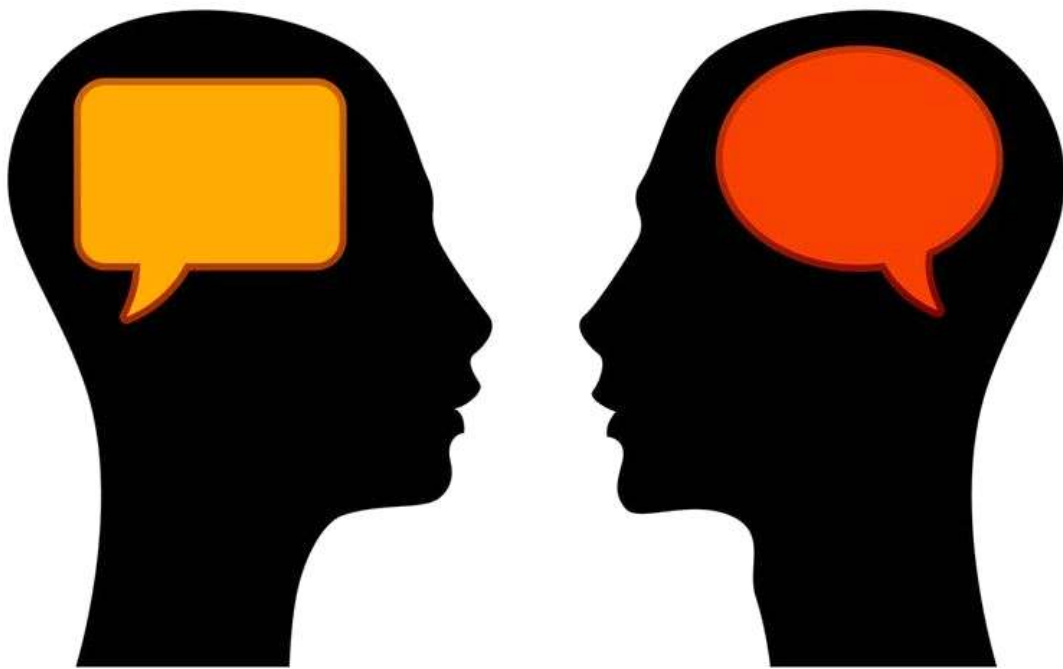


"Brain Power Booster Tips to Release Critical and Creative Thinking In You"...



by Terry D. Clark

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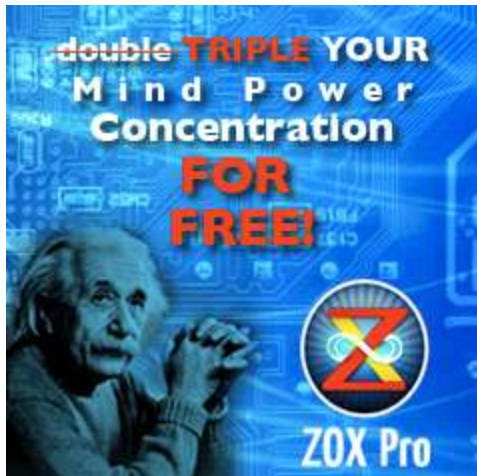
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Chapter 1

Meaning of Creativeness

According to Webster's Vocabulary, the phrase creativity is creative or perceptive innovation. Creativeness is noticeable by the capability or energy to develop or carry into lifestyle, to invest with a new type, to generate through creative skills, to make or carry into lifestyle something new. When you create something, you are actually bringing it into being, developing it from nothing. But how do you develop something from nothing? How do you accomplish creativity? What is the substance of creativity?

Perhaps only miracles can explain creativity, that unexpected “aha!” time when it all comes together. Some have said that it’s something strange and confusing, perhaps challenging to figure out. Some have said it must be heavenly inspiration. Creativeness is basically considering the challenge's, and then doing what no one else has done before, sometimes developing absolutely new worlds. If you’ve taken a new strategy to a issue and it functions, then you’re using your creativity.

Creativity comes in many types. It can be scientific creativity, leading to technology or medical treatments. It can be creative or musical show, leading to amazing artwork, statues or operas and music. It can be composing/writing, leading to books, brief encounters and poetry. Creativeness can even be as easy as designs and artistry, such as needle hook artistry, string designs, and woodcrafts - things you create with your own two hands.

The important factor to keep in mind is that creativity contains generating the concept or idea, as well as implementing that concept and producing or manifesting the end item or outcome. Creativeness or creativity is a fundamental element of being an individual and distinguishes us from the animal kingdom. Carl R. Rogers said, “The very substance of the creative is its uniqueness, and hence we have no standard by which to judge it.”

Chapter 2

Are You Creative

Have you ever viewed five-year-olds at play? They are curious and highly creative in their activities. They don’t know yet, what they don’t know. Their creative boundaries have no bounds; no one has informed them that they can’t do something. They’re courageous travellers, performers, or musicians; some are even comics in the making. They have not yet been forced to adjust and they think they can do anything and that nothing is

beyond their abilities.

Research shows that every person is able of creative mindset. We have creative abilities that often appear very early in our daily life. Analysis has revealed that the common mature adult thinks of only three to four different ideas for any given situation, while the common kid can come up with 60. They have proven that as far as creativity is concerned, quantity is equal to top quality. Having the subjects compose a list of ideas, they have shown that the more longer the list, the greater the quality of the final remedy. The very best ideas usually appear at the end of the list.

Actually, creativity is meticulously into us as humans; it's in our genetics - a aspect of our very DNA. Unfortunately, as we mature, the demands of having to become adults, go to university/collage, get a job, all seem to hold back our creative propensities. The stress of lifestyle, along with periodic problems, simply leaves us too exhausted to be truly creative.

But creativity is energy and is important to our well-being. Without creativity, our way of life become foreseeable, schedule, tedious, and pedantic. Thankfully we can all be extremely creative. Now I know you're saying, "But I'm not at all creative. I can't paint or play a note on a guitar, I don't know one note from another, and

I've never been able to write worth-of-dame... And Poetry? Don't cause me to experience laugh!"

Okay, so most of us are not Beethoven, DaVinci, Einstein, or Shakespeare. However, we are all creative in our own way. We basically have to identify our own exclusive abilities and expertise. Ask yourself these questions:

1. Are you regularly looking for new objectives, something new to accomplish?

2. Do you like to look at what already stands-out and ask “What if?”

3. When you try something new and different, does it allow you to feel smarter?

4. Do you appreciate educating someone with a new skill?

5. Are you outstanding at solving issues?

-Then, pat yourself on the back please - you are a “creative” person!

Creativity doesn't always result in a concrete item. Sometimes its ideas, troubleshooting, or teaching; but it is indeed, creativity in activity. Creativeness allows us to better ourselves, create attention, and increase our capabilities as well as those of other individuals.

When the potential for creativity satisfies the guarantee of skills, you've created contact with the creative spirit. There's no stopping you continuing to move ahead now. You've received that display of inspiration, that “aha!” time of lighting, and you are prepared to take those creative risks.

Now, you're probably thinking exactly what it is that you need to do to guarantee yourself of creative achievements. You do need certain resources and abilities to accomplish this process. First, you need a certain skills in whatever field you've selected to engage in your creativity in. If you have zero information in the place of science, odds are you will not make the next fantastic cutting-edge in medicine or develop the replacement for the rim or wheel so-to-speak. You must look for the place that is your

special attention and skills setting. Some skills is important for achievements.

The next device important for your achievements is the capability to think efficiently in your preferred place - being able to think about a whole world of possibilities. That contains the capability to convert things over in the mind until you find the answers. Dedication is needed - that determination to keep on dealing with a issue until you fix it. Know when to convert things -- inside-out and look at them in a different way.

You must know when to develop the procedure of creativity and when to let it relax in the mind until it's prepared to fly completely free.

Another important device in this search for creativity is bravery - to be willing to take the creative risks and try something you've never tried before. You have to be ready to whatever new possibilities that show themselves to you. You never know when ideas will come.

Lastly, you must be passionate - the wish to be successful regardless of what. It doesn't matter what the end award happens to be or what way of compensation you might receive. The desire is all that's important - the want to make whatever works, regardless of what. Albert Einstein said, "Sticking to it is the genius."

Most significantly, you must experience any creative risk with the brain of a kid. Child-hood is when creativity first comes to you. Will it develop or be stunted? You should work like a kid.

Children may not recognize it, but fun time is actually a learning procedure. It's the brain's favorite way to understand. The kid understands about mathematical, speaking abilities, music, and visible artistry during fun time. They understand to discover and they understand the excitement of finding. They understand about their own lifestyle and others as well. All these things are learning procedures as a kid.

So, is it real that kids are more creative than adults are? During the Industrial Trend, two century ago, this nation developed the academic program and began coaching individuals to be outstanding little employees and always follow guidelines. This didn't leave much space for individuality or nonconformity in our thinking. Thankfully that today's academic program, for the most aspect, allows kids to be more freethinking and inventive.

Childlike creativity should be analyzed and copied. Let yourself think that anything, even something incredible, is possible. This will help you create a creative connections. The non-creative mind says, "I can't," but the creative mind says, "I can and here's how!" If you can see, speak, listen to, keep in mind and understand, you too can think outside the box. Never, ever say you're not creative. Whatever you believe or disbelieve about yourself, you're right.

How do you experience about being creative? Do you tie creativity to uncommon, arty, or flaky behavior? Do you experience dubious of those with that description? Or maybe you instantly tie creativity with extreme conditions of madness or psychosis.

-“I'm too down to earth to be creative!” you display.

Sometimes you are in ownership of information already known to the world at large. The distinction is in your organization and presentation of those information. Perhaps your creativity can be discovered in your capability to take a space full of individuals and persuade them to purchase a car of their choice -- today for a special price. Maybe you've saved your organization billions with only one concept. Ever settled a issue between your close relatives members or company? Guess what? You're creative!

Maybe you've even been informed how skilled you are in a particular area; you may even know it to be really true. So why be shy about it? But what do you do about it? How do you go about releasing all that talent? How do you develop it?

Let's get back to the concept of being more childlike, unhampered by lifestyle and stress. Let's play! Get a illustrating pad and colored pens, and create some circles and designs. If you have kids of your own, grab one of their coloring books and multi-colored crayons, and join them in the coloring fun. Make things of incredible colors, just as kids do. Color outside the line too, way outside the lines! Find yourself some clay-based or Playdoh and start sculpting; it doesn't have to be anything in particular; just have fun with it. Squish it, cut it, piece it, and then mash in all together again. Try developing forms with the clay-based.

-Now you're saying your CRAZY, "What on this planet is the objective of all that nonsense about?"

Well, there is no objective, you just need to play, have fun, and be completely free. It's amazing how much the brain will appreciate this 'no purpose' fun time. You instantly find out that you're more relaxed. You may be even pleased at that moment. Even your respiration/heart beat is different while you're enjoying fun time. Instead of the short, shallow breathing you take when you're pressured, you're now breathing deeply. You're not experiencing the 'fight or flight' feeling. You're completely relaxed. You need to force the problems and stress aside once in a while. Do not fear about issues or work deadlines, and just play, with no objective at all.

Just a few minutes a day of the 'no purpose' play time - can certainly develop a world of distinction in your creativity, troubleshooting, mediating, educating, or anything else that you do. You'll soon recognize it's a chance to take that abilities to the next level, so let that creativity come out more often and let yourself go. Stephen Nachmanovitch once said, "The strongest muse of all is our own inner kid."

Keep under consideration though, that abilities is not enough. Let me say it again. You must have absolute passion and self-discipline to develop your creativity. You must be dedicated to make to your abilities surface.

What does the word creative allow you to think about? Spectacular art? Totally exclusive thinking? Interesting musical show composition? Unbelievable inventions? Have you let yourself believe that it's challenging for you to be creative?

You may have let yourself become a creature of habit over the decades.

Have you criticized yourself to be not capable of creative thought? Perhaps you've been stuck in a rut or tedious routines, and you think that you couldn't probably be able of change.

Now, think about how your daily life would be if you're permitted to remain efficiently, every day. You know you're creative and skilled. What if the entire world around you treated you as such and you were permitted to develop that abilities, enhance your skills, and give your creative character the attention it needs and deserves? You'd believe in your own creative interests, be able of fixing any issue, and

embrace your own creativity as a aspect of your very life - one of the necessary elements to your pleasure and mental wellness. Keep in mind genuine entertainment is a key component in your creative life. Eileen Caddy said, "Live and work but do not ignore to play, to have fun in our daily life and really appreciate it."

Chapter 3

Incorporate Creativeness Into Your Lifestyle

Okay, we've established the point that everyone is basically creative.

You've recognized the creative energy that you possess; and that creative energy must go somewhere or be applied to something, or you can find yourself disappointed and unsatisfied, without knowing exactly why. The advantages of adding this creativity to your lifestyle are numerous:

1. Self-confidence

2. Reduced stress

3. Inner peace

4. Better control of your life

5. Unbelievable fulfillment - at last, you're showing yourself, discovering objective.

By implementing this creativity to all aspects of your daily life, you'll find out even more advantages.

So, how do you implement your creative energy to your daily life? You implement that increased creativity to close relatives and relationship connections, to employment, and to your community. It's a chance to discover all the possibilities and perhaps better our world. Simply start with your own little corner of it. You must implement those marvelous

new ideas to your information and troubleshooting. Make records and plans. Adapt a new idea; offer it with a perspective. Enabling your creative aspect to demonstrate can allow you to be more aggressive in the business enterprise. You can look at something that everyone else has looked at, but see it in a completely different mindset. Give it that perspective. Go with that expectation, that instinct, that exclusive knowing the creative individual

offers. “A expectation is creativity trying to tell you something,” said Honest Capra. Those little creative minutes are important to every place of your daily life.

Once you start on this creative journey, you’ll find out that your life is filled with the “aha!” minutes. Push beyond the simple schedule/routine and let yourself come up with stunning thoughts or earth-shaking ideas.

Webster’s Vocabulary Dictionary describes progression as the release of something new or different. The National Innovation Initiative (NII) describes progression as “The junction of innovation and knowing, leading to the creation of social and economic value.” So take that creativity and let yourself be innovative!

Jack London once said, “You can’t delay for inspiration, you have to go after it with a club.” If you need to come up with new ideas, say for work, try brainstorming some ideas on a note pad --you’ll be surprise at what you come up with. You can do this alone or with others. This works especially well in the workplace. Many hands and arms make mild work, and many thoughts make outstanding new and exclusive ideas. It also creates for a convivial work place. Just let the mind go wherever it needs to go.

Then you must act on your creative impulse. Without action behind it, it’s only just so many facts, a little knowledge. **Albert Einstein said, “Creativity is more powerful than knowledge.”**

Chapter 4

Creativeness in the Work Environment

-“Creative thoughts have always been known to endure any type of bad coaching.” - Anna Freud

In today's aggressive world, it is more important than ever for businesses to entice and keep extremely skilled individuals. To be able to do that, they must offer a work place atmosphere that is challenging, creative, and fun. Since creativity is at the root of progression and innovation, it would benefit all organizations - hugely, small, or in between - to help enhance a modern atmosphere in which this abilities may succeed. What better way to get a huge return on their investment?

A two-year in-house creativity course provided at General Electric led to a 60% increase in ideas available for patents, according to the Wall Street Publication.

In 1999, after investing over \$2.5 Million dollars in research and development, Hewlett Packard produced more than 1,300 applications for patents.

When the Sylvania Company offered several thousand employees a forty-hour time creative problem-solving course, their revenue came to \$20 for every \$1 they spent.

So how can your organization keep its employees gladly coming up with outstanding, innovative ideas?

- Look for these creative individuals. Recognize them for the intelligent
- innovators that they are.
- Make an atmosphere that's favorable to creativity. You need to let the ideas come forth and succeed. Be resistant about ideas that don't

work out initially. There's always a next occasion when more fresh ideas can be applied.

- Recognize the individuals in the organization who generate new ideas. It's important to advertise that creativity and display visible assistance. Champion those innovators!
- Compensate the makers with public identification, financial benefits, or both.

The employees and the supervisors should carry about creative changes in the organization together, forming a fellowship that allows for a feeling of safety for those suggestions. It should offer an atmosphere where individuals can experience secure about showing those ideas, without being afraid of critique or make fun of.

The feelings of respect and trust in for one another will enhance inspiration, and forget about any negative thoughts or crucial decision. The best atmosphere would be one of motivation, inspiration, outstanding coaching, and lots of possibilities to think outside the box. This would offer the necessary creativity to the business level.

No more time would you go to a work place that fills up you with worry each day. The job that provides you with cash for food, clothing, and shelter protection, not to mention a few splendid luxuries, could also be a enjoyable haven during the day. You'd have protection and status, but without so much stress. If your creativity is permitted to blossom, your your heart and soul for your career returns as well. This could modify the experience of the work place. Implement this yourself and see if you can develop something different for the better in your own workplace.

Many organizations try to prevent placing creativity coming back into the work place. They feel it could cause to much disorder. They say that it would be unreasonable, wild, and unmanageable. This needn't be the case, if approached in the appropriate way.

If you motivate creativity within your organization and assist the skilled individuals, it will help you aggressively be competitive, regardless of your industry. According to Fortune Journal/magazine (January 1998), extremely inspired employees are up to 127% more effective than those averagely inspired employees in complex projects. It's easy - if a worker seems pleased and motivated in his job and pleased with

the organization, he/she will become more inspired and thereby become more effective. A pleased worker is an effective worker!

Unfortunately, our nation has become a nation of workaholics. We think if we're not active 24/7, we must be slacking off; we must generate unlimited or other individuals will think that we're sluggish. But busyness for its own benefit is an indication of low self-worth and should be prevented. Even God relaxed after doing work for six days.

It's okay to sit and do nothing once in a while. Sometimes, you have to let an issue sit some time and incubate in the mind. The response will come more quickly if you stop thinking about it. Even dreaming is useful. If you allow your kid to fantasize, they will develop a greater IQ. Why not do the same for yourself? Keep in mind, that play is just as important for a mature adult as it is for a kid.

Believe it or not, the number one concern of employees at any level of an organization is not cash, but the wish for an outstanding stability between their work life and their individual life. To be able for outstanding employees to keep up with the level expected of them, they must obtain a certain stability of labor and play. Holidays, periodic individual time, and an enjoyable work place are important for their careers and their wellness.

There's a Zen saying that the bow kept permanently firm will crack. This is very real and true. We need to play and relax to be able to be effective. Play, even at our work place, makes us pleased and delighted. It opens up those spiderwebs out of the brain and allows us to think more clearly, thus

becoming more effective. The issues that seemed beyond your reach while troubleshooting/brainstorming might come so much easier when the mind is completely without any stress and fear.

Creativity and play are important nowadays. We're all looking for more objective in our way of life, and we're starting to re-think our jobs and professions as well. Job protection is a thing of the past; and unless companies start to identify and motivate creativity on the job, there could be extreme changes arriving.

In many organizations, smart companies are starting to see the advantages of closely-knit groups cooperating to form creative problem-solving causes. They've started using a more open minded type of workplace, leaving out objects between the divisions. They're using more computers and other types of interaction with each other. Department heads will work more closely with lower level department, so-to-speak -- so they are conscious of what's happening at all times. The sequence of control is made simpler, obligations are extended, and inventive and innovative ideas are accepted and encouraged.

In any job or career, there are issues to be solved; and where there is troubleshooting, there will be creative thinking outside the box. The first thing to fixing a issue is to know everything you can probably know about the issue. You must know how it began and what caused it. Get hold of all relevant details immediately.

Start to look at all the important points. Determine how they fit together. Sometimes, you'll find out that unlikely elements can start to make some sense together. Try not to fall into what researchers amusingly make reference to as "psycho sclerosis" or solidifying of the behaviour. This just indicates not falling back into the "this is the way we've always done it" problem. If it has always been done that way, why is there a problem with it now? Obviously, it isn't operating now, so it's a chance to figure out a new way to do things right.

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